



# ROUNDUP

NASA LYNDON B. JOHNSON SPACE CENTER

HOUSTON, TEXAS

VOL. 16 NO. 26

Friday, December 23, 1977



This year doors were decked out in buttons and bows for the holidays.

## Astronaut selection is delayed

NASA Administrator Robert A. Frosch will complete his review of the agency's selection of Shuttle astronauts early next year.

Dr. Frosch met with officials responsible for conducting the selection program Dec. 12, but, because of his involvement in current budget activities, he was unable to complete his review of the data presented.

Center Director Christopher C. Kraft, under whose direction the selection program was conducted, was notified Dec. 16 that Dr. Frosch wished to continue his review after current budget activities and the holidays. This will delay announcement of the selection of the astronauts, originally scheduled for sometime this month, until sometime in January.

## Skylab Revisit mission is assigned to JSC

The NASA Administrator has approved the development of a Teleoperator Retrieval System (TRS) as an element of the Shuttle Transportation System (STS). The first demonstration flight of the TRS has been designated to be a Skylab Revisit mission no later than February 1980.

The integration of the TRS into the Space Shuttle and the mission planning and operations associated with preparation and conduct of the Skylab Revisit mission are JSC responsibilities. In order to clearly focus the organizational assignments within JSC, the Shuttle Pay-

load Integration and Development Office (SPIDPO) has been assigned the lead responsibility for direction of the Skylab Revisit mission at JSC and for the necessary interfaces external to JSC in the preparation and conduct of the mission.

Harold E. Gartrell, Assistant Manager, SPIDPO, has been given the special assignment to manage JSC activities for the Skylab Revisit mission and to work in conjunction with the Space Shuttle Program Office (SSPO) in order to integrate the Space Shuttle orbital flight test planning with the Skylab Revisit mission.

NASA Administrator Robert A. Frosch was the featured speaker and presenter of awards at the JSC Honor Awards Ceremony held in the Building 2 auditorium Dec. 7.

Frosch emphasized to his JSC audience that he felt this was one way to underscore the fact that most of the actual work done in the space effort was accomplished at the field centers and not at Headquarters.

"The key to NASA's success," he said, "lies not only at Headquarters, which must be there to interact with the rest of the government and to be a kind of central coordinating and control body, but in the field centers where all the work is really done."

Frosch also expressed the feeling that the accomplishments of NASA people could be recognized more fully in the home settings, "where that recognition can be shared by their families and perceived by their colleagues."

Frosch stated that he stood before his audience with a great degree of humility because he realized that many of the real experts on the topics he was about to discuss were present there. He went on to give his views of what the space program has meant in the overall sense and to indicate the great potential of "exploiting the usefulness of space," especially in the area of research and development.

Frosch discussed those advancements which he considered to be the major contributions of the space program: telecommunications and Earth observations through remote sensing. He said there had already been a major revolution in the field of telecommunications, although he admitted many citizens were not really aware of it since the

satellites involved are not visible. However, Frosch said that a much greater revolution was coming in the field — and that it would be very visible. This will occur, he said, when the technology progresses to the point where it is possible to service a large number of ground terminals, rendering the ground station almost trivial when any one of them can be connected to any other ground terminal. He looks for major breakthroughs in the capability to transmit medical data and educational information to remote locations where it is uneconomical to have communications any other way.

In the area of Earth observations, Frosch has been most impressed with the capability to monitor and assess the world's agricultural and mineral resources, explore global climate, and estimate flood damage. We are just beginning, he said, to be able to better manage the world's limited resources by predicting crop yield, detecting crop diseases, and forecasting weather accurately.

Frosch also indicated that mankind's long-standing mystical and

scientific curiosity about the universe may bring with it a comprehension of physics that is beyond our current understanding and, thus, the technology and engineering to do new and useful things.

"Maybe these curious things we find in the solar system are telling us things about our own planet that will help us manage and understand the place we live," Frosch commented. In outlining our findings in this area he said that there appear to be energies so great that they mean nothing to us now in terms of our normal concept of physics.

Frosch views the Space Shuttle as the centerpiece of our next technological thrust: the utilization of space for experimentation, research and development, and possibly construction. The Space Shuttle will mark the opening of the second era of space — "an era in which we can be there routinely enough to learn how we can do things there and how we can use that environment."

In this light, Frosch presented the Honor Awards. He first pre-

(Continued on page 2)

## Season's greetings

from the director

We have much to be pleased about as this year draws to a close — in particular the successful completion of the Approach and Landing Test (ALT) Program.

We began the year with the Shuttle training flights and progressed with a series of carefully planned tests, the unmanned captive inert flights beginning February 18 and the manned captive active tests in June. The ALT Program, which ended October 26, was marked by five well-executed free flights, paving the way for our goal of a low-cost space transportation system for the betterment of life on Earth.

As a result of these and other efforts, the reality of applied space technology has been brought sharply into focus for all Americans. In addition, we have contributed in a positive way toward international cooperation by helping the world to think of space in terms of a neutral ground in which to solve some of the technical problems that face mankind.

This memorable year of accomplishment would not have been possible without the thought, the effort, and the patience of each and every one of you, and I would like, therefore, to take this opportunity to express my personal appreciation and to wish you and your loved ones the happiest of holiday seasons.

Christopher C. Kraft, Jr.  
Director

## Frosch addresses JSC audience and presents achievement awards



NASA ADMINISTRATOR PRESENTS FIRST AWARD — Following his address to JSC employees, Frosch officially awarded the first award, the NASA Exceptional Scientific Achievement Medal to Dr. George W. Reed.

# Frosch presents awards...

(Continued from page 1)

sented the NASA Exceptional Scientific Achievement Medal to George W. Reed of the Argonne National Laboratory for his work involving volatile heavy metals and halogens in the lunar regolith and for his improvements in the analysis, preservation, and protection of lunar samples from contamination.

Four NASA Exceptional Service Medals were awarded to Charles R. Haines for his achievement in managing the Shuttle Training Aircraft Program and training the Shuttle crews, to James P. Harris III for his leadership in the acquisition of vital support services for the planning and direction of JSC procurement activities, to Lawrence E. Lundgren for his preparation of the White Sands Test Facility for Shuttle Orbiter propulsion systems development and qualification testing, and to William A. Stransky for the overall planning and direction of resources management at JSC.

William R. Kelly was awarded the Equal Opportunity Medal for increasing the pool of qualified minority contractors and his work in other minority programs.

Two Group Achievement Awards were presented. One of these went to the Spacelab Mission Development (SMD) III Team (accepted by Project Manager William H. Bush, Jr.) for the development and integration of the animal and biological Life Sciences Research Payload for the SMD-III test conducted here last May. The other group award went to the STARPAHC Telemedicine Project Team (accepted by Project Manager Norman Belasco) for the design, development, and operation of the advanced health care telemedicine system on the Papago Indian reservation in Arizona. Wayne C. Draper accepted the award for the Shuttle User Charge Elements Team, which developed the reimbursement, policy, and price for the Space Shuttle, thereby establishing the detailed pricing procedures and economic principles that underlay the operation of the world's first Space Transportation System.

The award recipients were further honored with an informal reception in the Building 2 auditorium where their families were in attendance.



Haines



Harris



Stransky



Kelly



Bush



Belasco



Draper

AWARD WINNERS — The other award winners are shown above, with the exception of Lawrence E. Lundgren, who was unable to attend the ceremony.

## Pool heads Medical Sciences Division

Dr. Sam L. Pool recently was named to head the JSC Medical Sciences Division as a part of the reorganization of the Space and Life Sciences Directorate. The MSD consolidates medical operations, health services, medical research, and biomedical applications functions within the Directorate. Dr. William H. Shumate is MSD deputy chief.

Among MSD medical operations responsibilities are medical requirements, planning and inflight crew health monitoring for the Space Transportation System, ranging from medical screening of astronaut applicants to inflight crew monitoring from Mission Control Center.

Under health services is operation of the JSC Clinic in providing emergency care and annual employee physical exams, astronaut health care, and onsite occupational health services.

Physiological changes to crewmembers during space flight and the necessary countermeasures to protect crew health fall under the division's medical research scope. The MSD has two of the seven life sciences experiments selected for the first Spacelab mission.

Earth applications of space technology in the biomedical field are also part of MSD's responsibilities.

Pool holds an MD from the Oklahoma University School of

Medicine and a BS in physics from Oklahoma Southeastern State College. He served four years as a U.S. Navy flight surgeon before joining JSC in 1968. Pool previously was JSC Medical Applications Office and chief of the Space Clinical Medicine Branch.



Sam Pool

Shumate earned a Ph D in plant science from the University of California at Los Angeles and a BA in biology from California State College, Long Beach. After research and teaching work at UCLA, he joined TRW Systems for two years as a member of the technical staff. He joined JSC in 1968.

## Co-op student McLaughlin performs as junior engineer

Joseph McLaughlin is a University of Texas senior (Austin) majoring in chemical engineering. During the past several months, he has been working as a co-op student in the Dynamic Systems Branch of the Propulsion and Power Division at JSC. So exceptional has been his performance and his initiative that he is being used to perform the duties of a junior engineer rather than those of a co-op student.

Among his most recent assignments have been shock tests of the crew escape pyro sequencer, evaluation of the backup Orbiter external tank separation bolt, development and documentation of a general-purpose computer program for calculation of the nitric oxide content in nitrogen tetroxide, evaluation of a second source of a particular

hydraulic fluid, and preparation of hydraulic systems flight data.

All these assignments have been conducted by McLaughlin with relatively little supervision required. In the case of evaluating the second source of a hydraulic fluid, the task involved procuring a new fluid produced by Gulf Oil Company and carrying out coupon compatibility tests, pump/system tests, and initiating a seal compatibility test on the new oil. Additionally, the task included verifying compatibility of the Gulf fluid with the currently used Bray oil.

McLaughlin consistently displays a positive attitude toward both his work and his colleagues. His enthusiasm and eagerness to learn combined with his extraordinary engineering talents make him a real asset to his branch and to JSC.

## December secretary award goes to Annie M. Patrick

Annie M. Patrick performed as division secretary of the Avionics Systems Engineering Division (ASED) for the last 10 months during the absence of R. L. Hohmann who was on extended leave. This position was a level above the grade she had held, and in addition to her regular secretarial duties she was suddenly called upon to relieve her supervisor of such administrative duties as receiving telephone and personal callers, maintaining the supervisor's calendar, receiving and reading incoming correspondence, keeping control records on incoming correspondence and action documents, and proofing outgoing correspondence for procedural and grammatical accuracy.

Above and beyond her capabilities in the job, her attitude is what has set her apart and contributed in large part to her being selected as division secretary on Aug. 28.

The ASED has an unusual amount of varied activities such as the Shuttle Avionics Integration Laboratory (SAIL) facility with the associated large support contractor contingent working three shifts, which requires immense coordination and management planning. The activities of mode team leaders and avionics technical managers for the Orbiter Level III and the Shuttle Level II programs require complex interactive technical management, and the responsibilities of the ASED chief for the Shuttle Avionics System analysis, such as communications and tracking, computer systems, and electrical power distribution, necessitate major management inter-coordination. Therefore, there was an urgent need for a secretary who is organized, efficient, and capable of maintaining a

stable environment in an atmosphere of daily turbulent activity.

Patrick's assistance to Chief John F. Hanaway in planning his schedule and assisting in the establishment of priorities has been essential to the smooth functioning of the division office. Her knowledge of experts within the division on the various technical disciplines is exceptional and her referral of the proper people within the division to answer external questions is timely, accurate, and has taken a heavy burden off the chief.

The documentation and change traffic data of a system as complicated as the Shuttle Avionics requires a complex yet effective cross-referencing filing system, which Patrick has augmented, improved, and is now indispensable.

Patrick maintains firm control of her domain and in doing so provides a confidence and stabilization which is reassuring at the proper time. Her maturity and judgment and her willingness to work long hours has set the trend for all division secretarial efforts.



Annie Patrick



ZEITLER RECEIVES SERVICE AWARD — Ed Zeitler (left), receives his 15-year service award from Gene Rice, manager of the Earth Resources Program. Zeitler has been responsible for data management, documentation, establishes policy for public domain, and performs other duties in the Earth Resources area.

# PASS

THAT COST REDUCTION ON TO BH-4



Report the results to BH-4, on JSC form 1150, Cost Reduction Office

## ROUNDUP

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The Roundup is an official publication of the National Aeronautics and Space Administration Lyndon B. Johnson Space Center, Houston, Texas, and is published every other Friday by the Public Affairs Office for JSC employees.

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Photographer: A. "Pat" Patnesky



DOUBLE HEADER FOR SCIENCE DIRECTORATE — Fred R. Spross receives an outstanding performance rating and a quality increase certificate simultaneously from Richard S. Johnston, Director of Space and Life Sciences. Spross was Project Engineer in support of the highly successful Spacelab mission development test.

## Visentine named prexy of NASA career program

James T. Visentine from JSC has been elected class president of the 1977-78 NASA Career Development Program. Two or three participants from each of the seven NASA field centers are selected for the ten-month training program at NASA Headquarters. This program is designed to promote and develop leadership and management potentials of the participants.

Visentine joined NASA in 1964 upon graduation from the University of Dallas. He graduated with honors and received a BA degree in physics with minors in mathematics

and philosophy. While working at JSC, he received graduate credit from the University of Houston in physics and systems engineering.

During his assignment at NASA Headquarters, Visentine is working in the Space Transportation Systems Operations Office. This office is responsible for coordinating, integrating, and operating the Space Transportation System after the present Shuttle Design, Development, Testing and Evaluation (DDT&E) activities are completed. Visentine is specifically working on payload planning operations. He is the NASA Headquarters interface for potential orbiter users in foreign space programs as well as in the NASA field centers. He is also assisting these field centers in manifesting payloads for the early (1980-1991) operational missions.

## League Sports

A race sponsored by the Bay Area Running Club (BARC) in cooperation with the EAA and the Gilruth Recreation Facility is being held on Sat., Jan. 14, 1978. The race will be held at the Gilruth Recreation Facility and pre-registration is requested. A one-mile novice run will begin at 9 a.m., followed at 9:15 by a four-mile race. All NASA and contractor employees, spouses, and dependents are invited to join in on the fun. Entry fees will be used to include awards and soft drinks.

Early entry fee must be received by Thursday, Jan. 12. Early entry fee is \$1.00 per person. Late entry fee is \$2.00 per person. Make check payable to Bay Area Running Club, and mail to: Rick Barton, 1861 Dolphin Dr., Seabrook, Tex., 77586.

Entry forms are available at the Gilruth Recreation Facility.

Results from the 4th NASA Intercenter Postal Running Competition will be published in the next issue of *Roundup*.

## EAA ATTRACTIONS

### TICKETS

The following tickets are available at the Bldg. 11 Exchange Store from 10 a.m. - 2 p.m. Monday - Friday. NO REFUNDS ON ANY TICKETS.

**Dean Goss Dinner Theater** - The comedy play "Murder-around" is now featured at the Dean Goss Dinner Theater. Tickets are now being sold for \$16 per couple or \$8 per person.

**NASA NIGHT AT DEAN GOSS DINNER THEATER** - Although

tickets are sold out for this gala evening Friday, Dec. 30, the theater wants to remind you that they will open at 6 p.m. for cocktails, begin with the soup and salad bar at 6:15, serve the buffet from 7-8, and start the play about 8:30. After the play, there will be dancing until 2 a.m.

**Disney Magic Kingdom Club** - Free membership cards.

### HOUSTON AERO HOCKEY

Houston Aero Hockey tickets are on sale at the special rates of \$6.50 and \$4.00 through EAA.

They are regularly priced at \$8.50 and \$5.50.

Houston Aeros gift cards will be sold in Bldg. 11 to EAA members, who in turn may exchange them at the Aero's Box Office in the Summit for regularly scheduled home games this 77-78 season.

Upcoming home games are with Czechoslovakia National Dec. 23, Soviet All-Star Dec. 28, Cincinnati Dec. 30, Indianapolis Jan. 7, Edmonton Jan. 8, Winnipeg Jan. 13, Cincinnati Jan. 21, and Birmingham Jan. 22.



James Visentine

## JSC Club News

The JSC Tennis Club held its last tournament of the year at the Friendswood Racket Club (FRC) Dec. 2-4. Members of the FRC also participated in the tournament. There were 144 entries in the 7 events.

The events were: Men's A, B, and C; Women's A, B, and C; and Junior Girls' B.

Young Tom Weber won the Men's A in two sets over Ken Westerfeld. Tom was really on his game and only two people (John Norris and Dan McFarlin) managed to split sets with him.

Charles Spencer won the Men's B class over youthful Guy Downs. Howard Ranft was the only player to win a set off of Spencer and that was in the semi-finals.

Youth won out over experience in the Men's C as Alex Mendrum defeated Bill Shoup in two sets to win that event. Anne Williams and Ruth Damoff played an exhausting and lengthy three-set match in the semi-finals of the Women's A bracket before Karen Evans beat Ruth in the finals.

Linda Ranft won the Women's B event over Gay Kaszynski, and Carol Matthews defeated Sherry Domingues to win the Women's C event. This was the first time this year that the JSC Club has offered a Junior event, and it was very successful. There will, no doubt, be others. Sheila Sullivan won the semifinals match with scores of 7-6, 5-7, 7-6. It was an excellent match to watch, and it's too bad there had to be a loser. Leslie Garner defeated Sheila in two sets to win the Junior Girls' event. Another hard fought match was in the third round of the Men's B as Ken Alder outlasted John Lottinville with scores of 5-7, 7-6, 7-6.

## Roundup Swap Shop

Swap Shop advertising is open to JSC federal and on-site contractor employees. Goods or services must be offered as advertised, without regard to race, religion, sex or national origin. Non-commercial personal ads should be 20 words or less, and include home telephone number. Typed or scribbled ad copy must be received by AP3/Roundup by Wednesday of the week prior to publication.

### CARS & TRUCKS

74 Cadillac Coup deVille. Black & white. \$2,925. Rick, X-5341.

75 Mercury Marquis Brougham. 4-dr HT, A/C, all pwr, stereo & tape, many extras. \$3,350. 474-4030.

Mercury Monarch. A/C, AM-FM, V-8, vinyl top, Speed cont, very clean, 9K mi. \$4,200. Hansen, X4801 or 334-2290.

72 Dodge Dart. XInt cond, 4-dr, A/C, std. trans. 433-3750.

74 Continental Mark V. Gold, fully equipped, 60K mi. \$6,000. 944-7042.

67 Buick Wildcat. 2-dr HT, A/C, heater, pwr steer & brakes, radio, steel belted radials, new parts, gold w/ white top. 482-7947 after 5:30 p.m.

73 Maverick. 4-dr, A/C, 6 cyl, steel belted radials, very good cond. \$1,450. 334-5079 after 6.

77 Dodge van. Fully customized, velvet int, 3/4-ton chassis, small equity, take up notes. 487-6828 or 487-1434 after 5 p.m.

74 Honda Civic hatchback. Radio, good tires, good heater, 53K mi. \$1,749. Erickson, 488-1901.

76 MG Midget convertible. Luggage rack, AM-FM, 4-speed, 2 tops, low mi. 481-5209 after 6.

76 Mark IV Lincoln Continental. Loaded, xtra-low mi, see to appreciate. 479-8141 after 5 p.m.

69 Camaro. Good cond f/ small economical pickup of comparable value. Smith, X-4468. TRADE.

77 Honda Civic hatchback. 2-dr, 4-speed, currently 27 mpg, AM radio, red, 2000 mi, 5 mo old. \$3,425. 488-5499 after 5 p.m.

76 Olds Cutlass Supreme Brougham. Loaded, 350-4 B1, radials, AM-FM Quad-Tape deck, cruise, rear de-fog, pwr locks, luxury 60-40 int. \$4,900. Johnson, 488-5010 or 482-5626 after 5.

76 Olds Cutlass Salon. 2-dr, V-8 350, bucket seats, velour upholstery, AM-FM w/ cassette, tilt steer, A/C, pwr steer & brakes, 22K mi. \$4,900. Rochford, X-2805 or 649-5768.

### CYCLES

Honda SL-70. Recently rebored. \$175. Louma, X-2321 or 482-2360.

Boys' bicycle, 3-speed, 26". 488-1366.

72 Honda 500-four. Good cond. \$700. Keith, X-2660 or 332-2385.

### PROPERTY & RENTALS

Lease: brand new home in Middlebrook, 3-2-2, custom decorated, color coordinated in shades of green, unfurn. Last block in development so you can look out on pretty green field instead of houses. Will be ready by Jan. 1. 488-7232 after 5:30 p.m. or weekends.

Rent: Attractive furn home, 3-2-2. Large living room & den, 2 fireplaces. Baycliff, fronts of Galveston Bay, 17 ft above water level. \$400/mo from now until June. 626-4290 after 6 p.m.

Sale: Waterfront lot. Sam Rayburn reservoir, adjacent boat ramp, access to 50 000 acres hunting land nearby. \$13,000. 944-3243 or X-4871.

Sale or rent: Condominium on golf course at luxurious Inverrary in Ft. Lauderdale, Fla. 2 bdrms, furn, sauna, pool, etc. Larry, X-4941 or 333-2640.

Sale: 12, 25, or 75 acres. 4-hr drive, \$600/acre. Property uses include current income, investment potential homesite, limited recreation. See over holidays. Burton, 481-0780 after 5.

Rent: Galveston West End. 2 BR by-the-sea condo apt. full furn. \$180/wk off-season; \$260/wk in-season. Clements, 474-2622.

Rent: New Galveston Island Jamaica Beach cottage. \$175/wk or \$30/day for weekends. 334-1640 after 6 p.m.

### PETS

Free: Need good home f/ white angora female cat, spayed, 6 yrs old. Marent, X-2262 or 946-7028.

Large English parakeets. XInt health. \$15. Fenneberg, X-2363 or 462-8356.

### WANTED

Two tickets to Dean Goss New Years party Dec. 30. Wilson, X-3821.

Paint sprayer/compressor unit. 474-2081.

Honda CB 350 bike "cheap." Can be basket case or wipe out w/ papers. White, X-2581 or 474-2214 after 5 p.m.

Vanity dresser w/ center lift mirror. Millsap, X-6387 or 780-8642 after 6.

Etching press. White, 332-5177.

Need riders for carpool from W Loop, SW Fwy. Bellaire area, 8-4:30. McLaughlin, X-5536 or 661-2974.

Firefighters needed! Men and women adult residents of CLC needed to join CLC Volunteer Fire Dept. Rewarding community service. You will be trained and equipped. Call 488-0023 any time.

### MISCELLANEOUS

Good used drum set f/ band student f/ Xmas present. Judy, X-3181 or 534-3785 after 6.

Left-handed Jr. golf clubs. Never used. \$40. Ballas, X-2453 or 333-2335.

Camper top, '76, f/ LWB PU, 38" high, paneled, insulated, tinted bubble windows, screens, storage, top luggage rack, xint cond. \$400. Mobley, X-4428 or 334-5201.

Puma camper trailer. Sleeps 6, 3-brnr propane stove, icebox. \$850. White, 332-5177.

Radio Shack 23-channel base station CB (Navaho). XInt cond. \$75. 334-3092.

12' steel framed glass sliding doors. 6' bi-fold solid wood folding doors, misc lighting fixtures. 780-8642 after 6.

5 new Dunlop WW tires f/ VW Super Beetle. \$20/ea. Gorman, X-4576.

2 gigantic mahogany base reflex speaker enclosures: (37 x 29 x 21) containing 12" Pioneer PAX-30E coaxial speakers w/ variable crossover network. \$110 ea. Samouche, 482-0702.

4-piece Early American bdrm set. Also 3-piece white Fr Provincial bdrm set, mahogany/leather end & coffee tables, misc lamps. Bell, 333-2340.

Baby bed. Good cond, complete, bwn mahogany, \$25. Port. crib, net w/ metal frame \$5. Also 0.9 Bundle good cedar shingles. \$15. Jones, X-3991 or 471-3303.

5-channel orbit remote cont & Enya 35 engine. Very good cond. Both \$150. 334-5079 after 6 p.m.

Kenwood TS-520 amateur transceiver w/ CW filter. \$500. Also Dentron super tuner \$75. Lindsey, 488-0517.

Several large oil paintings \$30 to \$120. Also unused PACE 2000 SSB CB radio, \$210, and 40-channel w/ LED, new, \$79. 488-1846.

Readers Digest Stereo, Telestar electric bass guitar, antique Victorian divan, World Book Encyclopedias (1970 w/ yearbooks), and Plymouth auto parts (auto trans, valve covers, radiator). Keith, X-2660 or 332-2385.

New Mauser Mark X. Cal 270 w/ adj trigger. \$160. Several pistols and Browning auto shotguns. 488-1846 evenings.

### HOUSEHOLD ARTICLES

Fireplace set. Gold, never used, draw screen, 38" wide, original cost \$104. Will sell f/ \$50. Gibson, X-6224 or 488-6024 after 5:30 p.m.

## Cafeteria Menu

WEEK OF DEC. 26 - DEC. 30

MONDAY: CLOSED FOR CHRISTMAS HOLIDAY

TUESDAY: Cream of Celery Soup; Turkey a la King; Frito Pie; Pork Chop and Apple Sauce; Chinese Pepper Steak (Special); Spinach, Buttered Squash, Au Gratin Potatoes.

WEDNESDAY: Cream of Potato Soup; Catfish w/hush puppies; BBQ Plate; Braised Beef Ribs; Mexican Dinner (Special); Broccoli, Peas, Ranch Beans.

THURSDAY: Vegetable Soup; Corned Beef & Cabbage; Chicken & Dumplings; Tamales w/chili; Hamburger Steak (Special); Green Beans, Cabbage, Navy Beans.

FRIDAY: Deviled Crabs; Liver w/ onions, Halibut w/lemon sauce; BBQ Smoked link (Special); Corn, Italian Green Beans.

### MENU

WEEK OF JAN. 2 - JAN. 6

MONDAY: CLOSED FOR NEW YEAR'S DAY

TUESDAY: Split Pea Soup; Meatballs & Spaghetti; Liver w/onions; Baked Ham; Corn Beef Hash (Special); Buttered Cabbage, Cream Style Corn, Italian Vegetables.

WEDNESDAY: Seafood Gumbo; Cheese Enchiladas; Roast Pork w/ dressing; Oven Crisp Flounder; BBQ Beef Plate; BBQ Link (Special); Pinto Beans, Spanish Rice, Turnip Greens.

THURSDAY: Beef & Barley Soup; Roast Beef w/dressing; Baked Flounder; Lasagna w/meat; Chicken Fried Steak (Special); Peas & Carrots, Buttered Squash.

FRIDAY: Seafood Gumbo; Fried Shrimp; Broiled Halibut; Beef Stroganoff w/noodles; Fried Chicken (Special); Breaded Okra, Buttered Broccoli, Carrots in Cream Sauce.

VISITORS  
1977

YOUNGEST VISITOR 1977 — Little Elizabeth Benson from Houston takes time out for a snack.



ISN'T IT HUGE! — Maya Hamer, one and a half years old from Tel Aviv, Israel, poses for photographer in front of the Saturn V display.



THEY'RE 88 YEARS YOUNG — Dwight E. Chenault and his wife from Los Angeles, Calif., pause to read sign in Building 2.

## NASA selects 18 scientists for Space Telescope Project

Eighteen scientists have been tentatively selected by NASA to participate in the design and early operational phases of its Space Telescope Project.

To be launched into Earth orbit in 1983 by the Space Shuttle, the 10-ton observatory will make astronomical observations deeper into space and with more detail than has ever before been possible.

The Space Telescope should permit scientists to solve some of the mysteries relating to the structure, origin, evolution and energy processes of the universe, which could never be approached with observatories below the obscuring veil of Earth's atmosphere.

With the Space Telescope, astronomers should be able to observe some 350 times the volume of space that can be seen now with the largest ground-based telescope.

Once placed in orbit, the telescope will be operated remotely from the ground. However, it will be designed to permit maintenance and the change of instruments by a space-suited astronaut and to be retrievable by the Space Shuttle for return to Earth for extensive overhaul and subsequent relaunch. These features should allow the Space Telescope to serve as an in-space astronomical observatory for more than a decade.

## JSC Credit Union calls for nominations

The Annual Meeting of the JSC Federal Credit Union will be held on Friday, Feb. 24, at 7:30 p.m. in the Building 2 Auditorium.

Candidate nominations will be accepted until Jan. 24, for three positions on the Board of Directors and for two positions on the Credit Committee. Of the nominations submitted for board positions, the most qualified five will be selected as board candidates and of the nominations submitted for credit committee positions, the most

qualified four will be selected for credit committee candidates. There will be no nominations from the floor. Anyone not selected as a candidate by the nominating committee can be placed on the ballot by submitting a petition signed by 100 members.

The nominating committee this year is Stuart D. Lenett, Maurice Blackman, and Rod Rethwisch. Anyone wishing to be considered should submit a brief resume to S. D. Lenett, EE3, by Jan. 24.

The resume should include, but is not limited to name, business address, and phone, present position held, any credit union experience, any other related experience, position for which you desire to run, and statement of interest.

Voting will be held at the Credit Union building from 9 a.m. to 3 p.m. when the poll will be moved to the Building 2 auditorium and reopened at 4 p.m. until 7:30 p.m. when the annual meeting is called to order.

## Helen Ragsdale tells how to tactfully avoid undesirable holiday baggage

Now that 'tis the season to be jolly again, many employees at JSC are not so jolly about the prospect of gaining back those hard-lost pounds and inches or, worse, turning down those exquisitely prepared gourmet delights that emanate from the kitchens of proud hostesses and beaming parents.

Helen Ragsdale, chief telephone operator in the JSC Telecommunications Section, Administrative Services Branch, is no stranger to this holiday dilemma, for she is a Weight Watchers lecturer who must politely refuse even her own mother's tempting morsels, which are offered profusely every holiday season. Weary of searching for answers to such remarks as, "Aren't you feeling well, dear?" or "Maybe the divinity wasn't quite as good this year," Ragsdale has not only learned the art of self-control but tact.

"Eat before you go to a party — that's the first rule," Ragsdale advises. "Eat the items allowable on the program which will satisfy that sweet tooth and fill you up so that you won't be filled out as well as up by the time the party's over!"

She has plenty of other methods of subtly avoiding those high-calorie specialties, too. If it's a large social, for example, Ragsdale has figured out that no one actually notices anything about your eating except what you actually put on your plate.

"So I dabble at this and that with my fork for awhile then calmly slip away and set the plate down somewhere never to set eyes on it again!"

Another trick is to take something innocuous to eat along with you: wrap it in a small cellophane bag and put it in your purse or pocket. Everyone else will be too intent on his own platter of goodies to pay any attention to what you're doing, and you will be munching away like everybody else. Then, of course, there's the old idea of "going easy" during the day on your caloric intake so you can indulge a bit that evening. However, that technique is not recommended for an entire holiday season, for the stomach will slide back to its old habits. "In fact," says Ragsdale, "I tell my classes that if they give themselves the benefit of every special occasion, there would hardly be one week left in the year to watch your weight."

Ragsdale has been with JSC since 1962. When she joined Weight



Helen Ragsdale

Watchers in 1966, she was 40 pounds overweight and says she knew every excuse ever devised for not getting rid of it. When she brought up the subject of trying the Weight Watchers program to her sister one evening sitting in front of the television set, her sister said she couldn't imagine an evening more dull than "sitting around listening to a bunch of fat people."

"Well," Ragsdale replied, "I'm fat and you're fat, so let's get going."

She really didn't have much faith in the idea at first because she had tried every diet in the book at that time, but when she realized it was a continual program, a conscientious change in one's concept of eating and nutrition instead of a diet, she changed her mind, lost the weight and kept it off. She became a lecturer herself in 1968 and has recently given up her classes in LaMarque to conduct some closer to home in Webster and at Alameda Mall.

"Anybody can go on a diet," says Ragsdale. "But you don't learn anything about how to eat or nutrition."

Ragsdale, who looks much younger than her years, admits that many people are skeptical because of the group concept on which the program is based, a concept which, they say, tends to destroy individualism in favor of leaning on an emotional crutch. And the program does employ its psychological catch phrases, such as behavior modification, throughout the course.

But Ragsdale claims the approach has merit in this instance because our eating habits are much influenced by the times in which we grew up.

"In my childhood, I remember Mother telling me to eat everything on my plate or I would be deprived of dessert or some other desired item. Most people can remember feeling that it was downright immoral not to eat that last crust of bread on our plates; why children in other countries were scrambling for scraps of bread, our elders would say. Especially in the country, fat was healthy and skinny meant sickly. Dessert was viewed as a reward, so we were, in effect, brainwashed into thinking we should stuff our bellies. We became a nation of human garbage disposals.

"How many young mothers, even today, think before they scrape that plate for dishwashing: 'No sense letting that half a weiner or biscuit go to waste. I might as well eat it.' The truth is, the left-over weiner would be better placed in the trash."

Ragsdale also stresses the positive nature of what she is doing. "Nobody chastises; nobody smirks! Everyone keeps a record — in exact amounts — as to what has gone into his stomach all week — every taste, every half a radish. We compare notes, decide if we were really hungry, and if someone has really blown their allowance for that week, there is always somebody else's story that will make everyone laugh and relieve the psychological depression that sometimes goes with not living up to one's own expectations. People realize that they can go home and start right back on the program instead of feeling moody and depressed. And over the long haul, which is what really counts, the program works and I see people with new feelings about themselves and their lives simply because they look better, feel better, or have attained their goal. Without a group to make them laugh at themselves occasionally, even though the problem of overweight is basically serious, many individuals would decide they were just no good and give up.

"Eating problems are not like smoking, drug addiction, or alcoholism. You HAVE to eat. You don't really need any of those other things. So those people who have a long-standing tendency toward obesity are especially vulnerable and hard-pressed to overcome their problem in a world in which there is the constant reminder that there's not enough food to go around.